

## **US Lacrosse High School All-American, All-Academic, Individual Awards, Conference Champions and State Tournament Results**

The Hampton Roads Chapter of US Lacrosse is honored to recognize all local athletes selected for the US Lacrosse All-American Team, All-Academic Team, and individual US Lacrosse awards for the 2013 High School season. Additionally, the Chapter proudly acknowledges the Conference Champions, State Tournament participants, and individual conference awards for High School players, teams and coaches within the Hampton Roads area.

The Chapter's area comprises 23 High School Teams; 15 Public (The HRLax League) and 7 Private (Tidewater Council of Independent Schools [TCIS]), with the following results.

### **US Lacrosse All-American and All-Academic Team Selections**

The US Lacrosse All-American and All-Academic selections are announced during May through July for both boys and girls high school student athletes. In addition to superior athletic performance, nominees must be of outstanding character, be in good standing in their school and community, and demonstrate outstanding sportsmanship on and off the field. Qualified players are nominated by region, and then selected by a committee representing the national governing body of lacrosse.

#### **2013 All-American Team Selections (girls/boys)**

Meghan McKnelly	First Team	Cape Henry Collegiate
Emma Thompson	Honorable Mention	Jamestown High School
Mattie Goad	Honorable Mention	Lafayette High School

#### **2013 All-Academic Team Selections (girls/boys)**

Regina Paparo	Bishop Sullivan Catholic High School
Chelsea Portuese	Tabb High School
Betsy Wusk	Tabb High School
Georgia Breit	Cape Henry Collegiate
Meghan McKnelly	Cape Henry Collegiate

#### **2013 US Lacrosse Individual Awards (girls/boys)**

US Lacrosse Jackie Pitts Award:	Emma Thompson of Williamsburg (Jamestown High School)
US Lacrosse Bob Scott Award:	Davis Horbal of Va Beach (Christchurch School)

## 2013 Conference Champions

### TCIS Conference Champions

Boys: Cape Henry Collegiate Girls: Norfolk Academy

### HRLax Conference Champions

Boys: Grassfield Girls: Williamsburg

## 2013 State Tournaments

### Virginia High School Club Lacrosse State Championships

Boys: Grassfield (3rd), Tabb (4th), Grafton, Poquoson

Girls: Tabb (3rd), Grafton, Williamsburg

### Virginia Independent Schools Athletic Association

Boys D2: Hampton Roads Academy, Nansemond-Suffolk Academy, Norfolk Collegiate

Girls D1: Norfolk Academy

Girls D2: Norfolk Collegiate (4th), Nansemond-Suffolk Academy